



MISSOURI VALLEY SWIMMING DISTRICT CHAMPIONSHIPS WEST

July 19, 20, 21 2013

**SANCTION:**

Held under the Sanction of Missouri Valley Swimming, Inc. on behalf of USA Swimming, Inc. This is a closed Championship competition for only Missouri Valley Swimming Athletes.

Sanction Number: **MV-13-69**
Time Trials Sanction No: **MV-13-70-TT**

HOST:

Emporia Aquatic Club

LOCATION:

Jones Aquatic Center
4202 W 18th Ave, Emporia, KS 66801
Phone: (620) 340-6400

DIRECTIONS:

From the KS Turnpike:
Take Highway 50 exit, go through the roundabouts to Highway 50, then go East toward town, turn left on Graphic Arts Rd. (first stop light) Go to 18th (roundabout) turn left back east over the Ks turnpike. Pool is on your right.

From hotels:
Take 18th St. through the roundabout and over the Ks. Turnpike. The pool is on the right.

COURSE:

50 Meter, 8 lane pool, Colorado Timing with one line scoreboard. Cool down pool will be available in the zero depth section of the pool adjacent to the competitive area of the pool. Pool depth at the start end is 54in; pool depth at the turn end is 144in. 50-meter events will start at the north end of the pool. The competition course has not been certified in accordance with 104.2.2C(4).

TEAMS PARTICIPATING

AAA AD ASTRA AREA AQUATICS
ANDR ANDOVER YMCA
DSC DERBY SWIM CLUB
EDSC EL DORADO SWIM CLUB
EAC EMPORIA SWIM CLUB
HVSC HAYSVILLE SWIM CLUB
HYSC HUTCHINSON Y SWIM CLUB
KVS KAW VALLEY SWIMMERS
LA LAWRENCE AQUAHAWKS
MM MANHATTAN MARLINS
MSC MCPHERSON SWIM CLUB
NWSC NEWTON SWIM CLUB

PARS PARSONS SWIM CLUB
RISS RISS
SAC SALINA AQUATICS CLUB
TSA TOPEKA SWIM ASSOCIATION
TRC TWIN RIVER SWIM CLUB
VCSC VALLEY CENTER SWIM CLUB
WELL WELLINGTON SWIM CLUB
WKSC WESTERN KANSAS SWIM CLUB
WAS WICHITA AQUA SHOCKS
WNYN WICHITA NORTHWEST YMCA
WSC WICHITA SWIM CLUB
WIN WINFIELD SWIM CLUB

TABLE OF CONTENTS

Contacts & Administration	2
At the Meet	2
Format & Warm-Ups	3
Entry Procedure	4
Awards	5
Rules, Regulations & Other Procedures	6
Order of Events	8

CONTACTS & ADMINISTRATION

Meet Director:

Name: Nikki Metz
Email: nmetz1@emporia.edu
Phone: (620) 481-1346

Meet Referee:

Name: Phil Metz
Email: phil.metz@usd253.net
Phone: (620) 481-1347

Safety Marshall:

Name: Mike Alingh

Meet Entry Chair:

Name: Nikki Metz
Email: nmetz1@emporia.edu
Phone: (620) 481-1346

Administrative Referee:

Name: James Kuhlman
Email: jkoolman99@yahoo.com
Phone: (620) 617-4780

AT THE MEET

TIMING ASSIGNMENTS:

Each club attending is requested to provide timers, based upon the number of entries from their team. BWST will send Sessions & Lane assignments prior to the meet. Swimmers must provide their own timers and counters for the 800 and 1500 freestyle events.

OFFICIALS:

Attending MVS stroke and turn judges should come prepared to volunteer their services. Teams attending the meet should contact the Meet Director with the names of MVS stroke and turn judges who are available through their team.

There will be an officials meeting one hour prior to the start of each session. All officials working the session must be present at this meeting.

Officials must display a 2013 USA Swimming membership card while acting in any official capacity on the deck of the pool.

PROGRAMS:

Psych Sheets will be available for sale.

DECK ACCESS:

Current (2013) USA Swimming membership is required for coaches and working officials to be on deck. Coaches must be current with all safety certifications and background check requirements. At the request of the Meet Referee or special designee, coaches and officials must present their USA Swimming credentials. Persons without a valid 2013 USAS Coach Membership will not be allowed access to the deck area and will not be allowed to participate in any coaching capacity.

SPECTATORS:

To assure coaches and officials adequate visibility of the swimming venue, all spectators, including athletes, are requested to remain four (4) feet or more from the edge of the pool. Swimmers are to use the crash area and not the bleachers during the meet. The bleachers are to be used for viewing the meet when your swimmers are swimming.

SERVICES & VENDORS:

Concessions will be available.
Fine Designs will be on site to provide apparel.

HOTELS:

Holiday Inn Express
2921 W. 18th
888-465-4329

Fairfield Inn
2930 Eaglecrest Dr.
620-342-0676

Candlewood Suites
2602 Candlewood Dr.
877-226-3539

Comfort Inn
2836 W. 18th
855- 239-9246

MEET FORMAT

The meet will consist of Timed Finals. The 800-meter freestyle and the 1500-meter freestyle will be swum alternating women then men, fastest seed to slowest seed. The 13-14 and Senior events at these distances will be seeded and swum together, but scored separately.

MEET SCHEDULE

FRIDAY JULY 19

13-14 and Senior

Session 1

Warm-ups: 9:00 – 9:35 AM

Session 2

Warm-ups: 9:35 – 10:10 AM

Meet starts: 10:15 AM

11-12 and 10 & Under

Warm up times will be determined after the entries have been received. Warm-up not before 12:30.

Meet starts: 75 minutes after the conclusion of the AM Session

Once entries are received, a warm-up schedule will be sent to each club entering the meet.

SATURDAY/SUNDAY JULY 20-21

13-14 and Senior

Session 1

Warm-ups: 8:00 – 8:35 AM

Session 2

Warm-ups: 8:35 – 9:10 AM

Meet starts: 9:15 AM

11-12 and 10 & Under

Warm up times will be determined after the entries have been received. Warm-up not before 11:30.

Meet starts: 75 minutes after the conclusion of the AM Session

Once entries are received, a warm-up schedule will be sent to each club entering the meet.

CHECK IN & SCRATCH:

Except for the 800- and 1500-meter freestyle events, swimmers are considered to be checked-in for their events when their entries are received. If a swimmer elects **not to swim** an event, either the swimmer or his/her coach or representative must scratch the event a minimum of **45** minutes prior to the start of the session in which the event is scheduled. If a swimmer fails to either **swim** or **scratch**, he/she shall be barred from his/her next event. In the event a swimmer enters more events per day than permitted (see entry limit) and does not scratch, the swimmer will be scratched from their final event of that day.

Positive check-in will be required for the 800-meter and 1500-meter freestyle. **This rule will be strictly enforced.** Failure to check-in will result in a scratch from the event.

Age of the swimmer on the first day of the meet determines the age group classification for the entire meet.

ENTRY PROCEDURES

QUALIFYING TIMES/ELIGIBILITY:

No time conversions are allowed; however, swimmers may qualify with short course yard qualifying times. Seeding order will be LCM, then SCY.

Swimmers who have achieved a SCY or SCM qualifying time, but not the LCM qualifying time, shall enter with the time they have actually achieved. The entry report must clearly note the submitted time as a SCY or SCM time.

BONUS SWIMS:

Each swimmer achieving a minimum of one Division II qualifying time shall be allowed to enter a maximum of two (2) additional bonus events in which he/she has not achieved the Division II qualifying time. No bonus swims will be allowed in events longer than 200 meters, and no bonus swims will be allowed in Senior events unless the swimmer is 15 years or older. Bonus swims must be clearly noted in the following manner:

When entering an event as a "bonus event," the swimmer's entry should clearly indicate that the entry is a "bonus event entry." The entry time for all "bonus events" shall be the swimmers actual best time for that event followed by a "B" to indicate the swim is a "bonus swim." The word "Bonus" must also clearly appear where proof of time information would otherwise be entered.

For the 1500-meter freestyle, entries will be accepted using either the 1500- or the 800-meter freestyle qualifying time. Seeding will be done using the 1500-meter time with those entries using the 800 time being seeded in the slowest heats. For the 800-meter freestyle, entries will be accepted using either the 800- or the 1500-meter freestyle qualifying time. Seeding will be done using the 800-meter time with those entered with the 1500-meter proof-of-time being seeded in the slowest heats. Such entries must be adequately explained on the entry sheet.

RELAY RULE:

To participate in a relay, a swimmer must be entered in an individual event in the meet. The swimmer must not have achieved a Division I qualifying time in the same stroke, distance and course for that age division. For 13-14 and Senior 200 Medley Relay, swimmers must not have achieved a Division I qualifying time in the same stroke at 100 meters. Swimmers of all ages may compete in Senior relays, but must not have achieved a Division I time in their age group for that stroke, distance and course.

All swimmers' names and order of swim must be recorded on the entry card or sheet prior to the first heat of the last individual event preceding the relay cycle in question, or 15 minutes prior to the start of the meet, if the relay cycle precedes the individual events.

AGE-UP RULE:

Swimmers aged 10, 12, or 14 who age up from 7/19/2013 (first day of meet) to 7/26/2013 (first day of following meet) with times too fast to qualify for this championship meet will be allowed to compete in this meet under the following conditions:

- 10, 12, or 14 year old swimmers who do not qualify for an event in their new age group at Missouri Valley Long Course Championships may enter it in this meet
- 10, 12, or 14 year old swimmers aging up between championship meets will be seeded correctly by time in that event, however, they will swim exhibition only and will not be eligible to receive an award or to swim in finals in that event.

The swimmer may, however, compete in only one age group in the District Championship meet.

Any such entries must be clearly marked and explained in the space provided for proof of time on the entry sheet or noted on the Hy-Tek printout.

ENTRY DEADLINE:

All entries must be received by the Entries Chair no later than **Monday July 15, 2013 at 5:00 PM**

ENTRY FEES:

Entry fees are \$4.50 per individual event. Relay fees are \$7.00 per relay. Time trial fees are \$9.00 per individual event. Fees must be paid with the entry and are non-refundable.

Make checks payable to: Emporia Aquatic Club

Address:

1411 Walnut St.
Emporia, Ks. 66801

ENTRY FORMS:

Submission Process

All entries must be submitted to the Entry Chair via email at nmetz1@emporia.edu using the host-provided HYTEK meet event file OR an sd3 or hyv HYTEK compatible event file.

Entries will **only** be accepted from Missouri Valley registered teams and unattached swimmers. Entries from units within a Missouri Valley team or entries from individuals within a team are not permitted.

ENTRY LIMIT:

A swimmer may enter all events for which he/she qualifies. Swimmers may swim a maximum of **five (5)** individual events per day. Swimmers may swim each relay event (200/400 Free; 200/400 Medley) only one time during the course of the entire meet.

SEEDING PROTOCOL:

The meet will be deck-seeded prior to the start of each session.

TIME TRIALS

Time trials will be available if time permits at the conclusion of each session each day. Time trials shall be restricted to those individuals who have a reasonable expectation of achieving an LSC Championship qualifying time or faster. A time trial swim counts as a swim toward the total number of swims permitted per day. Swimmers not entered in the meet are welcome to the time trials. However, in the discretion of the Meet Director and Meet Referee these swimmers will only be allowed to participate in time trial events following the afternoon sessions. Time trials will count towards the (5) day event total.

The order of events for the time trials shall be as follows:

Friday: Friday events; Saturday events; Sunday events

Saturday: Saturday events; Sunday events; Friday events

Sunday: Sunday events; Friday events; Saturday events

PROOF OF TIME PENTALTIES:

Date and location of qualifying swims MUST be clearly indicated on all entries, either in the space provided on the MVS Entry & Proof sheet or on the Hy-Tek Team Manager Best Times Report accompanying the team entry report and disk. For each entry received without a proof-of-time, it will be presumed that "No Proof" is available. Refer to proof-of-time *Penalties below. The meet host will be responsible for verification of times as provided by the MVS Records Chair in a database. Fines shall be payable to **Emporia Aquatic Club**.

Official meet results for all meets sanctioned by MVS during the 2013 long course season, 2012-2013 short course season, and the 2012 long course season, with the exception of meets held under league blanket sanctions and permitted observed high school swims, will be available at the proof-of-time table for use in proving times. Swimmers and clubs using qualifying swims from meets held outside of Missouri Valley or in meets held under league blanket sanctions or in any meet held prior to the 2013 long course season must bring the applicable meet results for use as proof-of-time.

PENALTIES:

In individual events, if the swimmer does not achieve the slowest qualifying time and cannot prove the entry time, penalties will be assessed as follows:

- 1) For the first missed qualifying time, the swimmer's club shall pay a \$25 fine to Emporia Swim Club. This fine must be paid prior to the beginning of the next day's events.
- 2) For the second missed qualifying time, the swimmer's club shall pay an additional fine of \$50 and he/she shall be barred from the remainder of the meet.
- 3) Swimmers barred from the remainder of the meet are ineligible to participate in all subsequent swims, both individual and relay.

The MVS Records Chair may, at his/her discretion, rescind fines upon receiving adequate proof of qualifying swim after the conclusion of the meet. This discretion does not extend to allowing a swimmer to continue to compete who has failed to prove qualifying swims for two (2) events that did not achieve the slowest qualifying time. MVS clubs are responsible for all proof-of-time fines incurred by swimmers representing their group and must pay such fines prior to entering future championship competitions sponsored by Missouri Valley.

AWARDS

INDIVIDUAL EVENTS:

Medals for 1st through 3rd for individual events
Ribbons for 4th-8th for individual 14-Under events

RELAY EVENTS:

1st through 3rd for relay events

FINALS RESULTS:

Final results will be posted on the Missouri Valley website and may include the swimmer's name, age, times and USA Swimming number.

RULES, REGULATION & OTHER PROCEDURES

RULE AUTHORITY:

Current USA Swimming and Missouri Valley Swimming Rules and Regulations will govern the conduct of these Championships and will serve as the official guide for technical and procedural rules.

MVS Safety Guidelines and Warm-up Procedures will be in effect. Copies of these Guidelines and Procedures will be posted at several locations around the pool. The Meet Announcer will be available during the warm-up sessions to assist with announcing procedures and conduct of the warm-up period.

MEMBERSHIP REQUIREMENT:

All athletes must be 2013-registered athlete members of Missouri Valley Swimming and USA Swimming and must be associated with one of the teams assigned to this championship meet site. All registrations will be verified by the MVS Registration Chair prior to the meet.

DIVING CERTIFICATION:

Any swimmer entered in the meet unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

COACHES MEETINGS:

Coaches meetings may be held 15 minutes prior to the start of each preliminary session and/or other times as requested by the MVS Coaches Representatives, or the Senior Vice Chair, or the Age Group Vice Chair, or as deemed necessary by the Meet Referee.

STARTING PROCEDURE & CONDUCT OF MEET:

The starting procedure and 'no recall' provision of USA Swimming Rule 102.14 shall be used. Flyover starts may be used for all events during preliminary sessions.

The meet will be paced at the discretion of the Meet Referee. At the request of the swimmer's coach and at the discretion of the Referee, at least 15 minutes will occur between swims for the same individual.

SCRATCH RULES:

Each coach and/or unattached swimmer will be provided with Hy-Tek printouts of team entries by swimmer and scratch sheets for each session. It is the responsibility of each coach and/or swimmer to indicate which events are to be scratched by which swimmers and to return the sheets to the Clerk of the Course by the scratch deadline prior to each session.

WARM-UP PROCEDURE & SAFETY GUIDELINES:

The meet host will provide a complete schedule of warm-up procedures to include lane usage and times, which must be adhered to by all participants. This information will be distributed with the meet information at registration, posted throughout the venue, announced on a regular basis before and during the meet, and monitored jointly by the Meet Director and Meet Referee (or their special designees).

Marshals will remain on duty for the entire warm-up period. Marshals will be responsible for the control and supervision of the swimmers both in and out of the pool. Encourage your swimmers to cooperate with marshals.

Warm-up procedures may, at the discretion of the host team and consent of the Meet Referee, be modified based on number of swimmers in the meet and other safety and logistical concerns.

Safety Guidelines:

1. Participating teams shall be assigned to specific lanes for the warm-up period based on number of participants.
2. Swimmers without a coach at the meet must check in with the Referee and will be assigned to a coach during the warm-up portion of the meet.
3. The coaches of the teams assigned to each lane shall determine the warm-up procedure for that lane.
4. If coaches in a lane cannot agree on a warm-up procedure, the session referee should be consulted and shall define that lane's procedure. The decision of the session referee will be final.
5. Swimmers may not dive into the pool during general warm-up. Swimmers must enter the pool by stepping feet first, or sitting and sliding in, in a safe and cautious manner. Entering in any other manner may result in the disqualification from one or more of the swimmer's events for the session at the discretion of the Meet Referee. Swimmers may dive during a designated sprint warm-up.
6. Swimmers may perform racing starts as determined by the coaches monitoring warm-ups for that lane. Backstroke swimmers shall ensure that they are not starting at the time that a swimmer is on the blocks. Swimmers shall not step onto the starting blocks if a backstroke swimmer is waiting to start.
7. Coaches shall continually supervise their swimmers during all warm-up sessions.

8. Swimmers or coaches not following the prescribed warm-up procedures or directions of marshals or USA Swimming officials may be barred from the use of the warm-up area.
9. When using the side lanes for warming up or down during the meet, swimmers shall not perform racing starts and must circle swim.
10. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

Warm-up areas are for the use of USA Swimming registered swimmers only and are not to be used as a cooling off area by spectators.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

ORDER OF EVENTS

FRIDAY

Women	Event	Men
1	13-14 400 IM	2
3	15 & Over 400 IM	4
5	13-14 100 Breast	6
7	15 & Over 100 Breast	8
9	13-14 200 Freestyle	10
11	15 & Over 200 Freestyle	12
13	13-14 100 Fly	14
15	15 & Over 100 Fly	16
17	13-14 400 Free Relay	18
19	Open 400 Free Relay	20
21	13-14 800 Free	22
23	15 & Over 800 Free	24

Women	Event	Men
25	11-12 400 Free	26
27	10 & Under 50 Breast	28
29	11-12 50 Breast	30
31	10 & Under 100 Free	32
33	11-12 100 Free	34
35	10 & Under 50 Fly	36
37	11-12 50 Fly	38
39	10 & Under 200 Free Relay	40
41	11-12 200 Free Relay	42

SATURDAY

Women	Event	Men
43	13-14 200 IM	44
45	15 & Over 200 IM	46
47	13-14 50 Free	48
49	15 & Over 50 Free	50
51	13-14 200 Breast	52
53	15 & Over 200 Breast	54
55	13-14 100 Back	56
57	15 & Over 100 Back	58
59	13-14 400 Free	60
61	15 & Over 400 Free	62
63	13-14 400 Medley Relay	64
65	Open 400 Medley Relay	66

Women	Event	Men
67	11-12 200 IM	68
69	10 & Under 200 IM	70
71	11-12 100 Back	72
73	10 & Under 100 Back	74
75	11-12 50 Free	76
77	10 & Under 50 Free	78
79	11-12 100 Breast	80
81	10 & Under 100 Breast	82
83	11-12 400 Free Relay	84

SUNDAY

Women	Event	Men
85	13-14 200 Medley Relay	86
87	Open 200 Medley Relay	88
89	13-14 200 Back	90
91	15 & Over 200 Back	92
93	13-14 100 Free	94
95	15 & Over 100 Free	96
97	13-14 200 Fly	98
99	15 & Over 200 Fly	100
101	13-14 200 Free Relay	102
103	Open 200 Free Relay	104
105	13-14 1500 Free	106
107	15 & Over 1500 Free	108

Women	Event	Men
109	11-12 200 Free	110
111	10 & Under 200 Free	112
113	11-12 50 Back	114
115	10 & Under 50 Back	116
117	11-12 100 Fly	118
119	10 & Under 100 Fly	120
121	11-12 200 Medley Relay	122
123	10 & Under 200 Medley Relay	124